



Winter 2006

Volume 21 Issue 1

Region V Aging Services Newsletter

Winter 2006

North Dakota
**“A Caring Place To
Grow Old”**

**Southeast Human
Service Center**
2624 9th Ave. South
Fargo, North Dakota
58103-2350

Serving the Counties of:
Cass, Ransom, Richland,
Sargent, Steele, Traill

Sandy Arends
Regional Aging Services
Program Administrator

Phone: (701) 298-4420
Toll Free: 1-888-342-4900
Fax: (701) 298-4400
E-Mail: 85ares@state.nd.us

LeAnne Thomas
Family Caregiver Support
Program Coordinator

Phone: (701) 298-4480
Toll Free: 1-888-342-4900
Fax: (701) 298-4400
E-Mail: 85thol@state.nd.us

Bryan Fredrickson
Regional Ombudsman

Phone: (701) 298-4413
Toll Free: 1-888-342-4900
Fax: (701) 298-4400
E-Mail: 85frieb@state.nd.us

Hello everyone!

The Region V Council on Aging will meet in Embden, North Dakota at the Embden Senior Center on Friday April 21, 2006. The order of the meeting will be a little different than our usual format. We will begin with an input hearing on the North Dakota State Plan on Aging. The hearing will begin at 10:20 a.m. to accommodate Aging Division staff from the North Dakota Department of Human Services in Bismarck. We will have our business meeting in the afternoon. We will be electing the following officers for the next two years: Vice President, Treasurer and Secretary. Orvin Hagen from Kindred will move from Vice President to President.

The May 19th, 2006 meeting of the Region V Council on Aging will be held at the Hillsboro Senior Center in Hillsboro. Mark your calendars!

If your senior center would like to host the July 21, 2006 meeting, please let me know.

We received excellent input during the January 21st, 2006 Town Hall Listening Session at the Hjemkomst Heritage Center in Moorhead. Issues of aging in five areas were addressed. The areas in order of priority were: Health Care (Including Long-Term Care); Income and Employment; Living a Meaningful Life; Community Planning and Technology/Innovation. It is interesting to note that continued employment has taken on increased importance as older persons are finding their retirement incomes either do or will fall short of what is needed. More attention is also being given to planning “livable communities” that help people to not only age in place but remain vital community members.

The Long Term Care Ombudsman Program

A Long Term Care Ombudsman is an impartial mediator resolving problems or complaints received from residents of nursing facilities, their families and friends, facility staff and the general public. The objective of the Ombudsman is to insure that the resident receives the best quality of care and services that ultimately will result in the best possible quality of life.

The Ombudsman program is also a resource for nursing facilities and their service providers. The ombudsman can provide technical assistance, information and referral, community education, identify areas where the facility may not be in compliance with the ombudsman statutes and Residents Bill of Rights. rights.

The term Ombudsman comes from a period in Scandinavian history when kings ruled the land. One of the kings found that he was unable to keep up with the affairs of state and have time to settle the disputes and problems of his loyal subjects. Therefore, an Ombudsman, citizen representative was appointed to be an impartial mediator resolving problems or complaints received from the residents of the kingdom.

In 1978 amendments to the Older Americans Act (OAA) required the establishment of an office of the Ombudsman in each state in order to receive federal OAA funding. North Dakota senate bill 2070 established the Long Term Care Ombudsman program in the state.

In an effort to maximize resources and provide more and better ombudsman service, the volunteer community ombudsman component of the Ombudsman program was established. The Aging Services Division is currently in the process of recruitment of volunteers and will soon begin training and assigning volunteers to facilities.

The philosophy and purpose of the community ombudsman is that the volunteer will visit the nursing facility and become familiar with the residents, facility staff, customary practices and services provided. The community ombudsman will assist the regional ombudsman in carrying out the duties and responsibilities of the Ombudsman program. Probably the most essential role of the community ombudsman is that of friendly visitor.

The Ombudsman program is seeking the assistance of nursing facilities, residents and their friends and families, community groups, and others to locate persons to serve as community ombudsman. For more information contact Bryan Fredrickson, Community Ombudsman Coordinator toll free at 1-888-342-4900 or 701-298-4413.

Laugh A Little

A distraught senior citizen phoned her doctor's office. "Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?"

"Yes, I'm afraid so," the doctor told her.

There was a moment of silence before the senior lady replied, I'm wondering, then, just how serious is my condition because this prescription is marked 'NO REFILLS'."

Eventually you will reach a point when you stop lying about your age and start bragging about it.

The older we get, the fewer things seem worth waiting in line for.

Region V Council on Aging

Friday, April 21, 2006

**Embden Senior Center
Embden, North Dakota
public is welcome**

- 10:00 – 10:15 Registration**
- 10:15 - 10:20 Welcome by President Chuck Dimmer**
- 10:20 —11:50 North Dakota State Plan on Aging Hearing - Presented by Aging
Division Staff from the North Dakota Department of Human Ser
vices**
- 12:00 – 1:00 Lunch * See process to register for meal below**
- 1:00 – 3:00 Business Meeting**

**Opening – Chuck Dimmer, President
Pledge of Allegiance
Secretarial Report – Shirley Shultz
Treasurer's Report – Jean Grinde
Old Business
New Business**

**Installation of New President
Election of New Officers
Vice President
Secretary
Treasurer**

**Silver-Haired Assembly Update—Louise Haarstad
Legal Services of North Dakota— Linda Catalano
Governors Committee on Aging—Kelly Wentz and Shirley Blake
Announcements**

**Introduction of New Family Caregiver Support Program Coordinator-
LeAnne Thomas**



*** Note:** Please register for the noon meal at the Embden Senior Center by calling Sandy at 1-888-342-4900 or (701) 298-4420. Meal reservations must be called in by Wednesday, April 19, 2006. People attending are responsible to pay for their own meal.

Join Us for A Senior Safety Academy

“SAFETY—Are You Ready?”

Thursday, May 18, 2006

Hjemkomst Center, 202 1st Ave. N, Moorhead, MN

8:00-11:30 am	Snack bar open
8:00-9:30 am	Visit Information Booths
9:30-10:30 am	FIRE!! Hot Tips!! Rich Duysen, Moorhead Fire Marshall
10:30-11:15 am	Hickok, the Police Dog Moorhead Police Officer John Lien & Hickock
11:15 am-12:15 pm	Complimentary Lunch – Nutrition Services, Inc. Visit Information Booths
12:15-1:00 pm	Defibrillators: Locations & Use Kristi Rasmussen, BLS Coordinator, FM Ambulance
1:00-2:00 pm	Wise Use of Medications Eddie Johs, AARP ND Specialist Volunteer Clarence Daniel, AARP ND Specialist Volunteer Clarence
-	
2:00-2:30 pm	Treat Break <i>Compliments of:</i> Coalition of Service Providers for the Elderly Last chance to visit Information Booths
2:30-3:30 pm	Preparing for Local Disasters Matt Sirro, Directory, Clay County Emergency Services
3:30 p.m.	Door Prizes

Please refrain from wearing perfumed products.

Additional parking is available at the Moorhead Center Mall.

Space is limited to 300. Reservations are required: Call Julie, 218- 299-5514.

RESERVE YOUR SPOT BY MAY 12, 2006.

SPONSORS:

AARP MN, AARP ND, Moorhead Senior Connections, Valley Triad/S.A.L.T. Council,
Coalition of Service Providers for the Elderly

April 13, 2006
Ramada Plaza Suites
1635 42nd Street SW Fargo, North Dakota

Come learn about Assistive Technology (AT) and how it can help you or someone you know! The 3rd Annual AT Expo will bring assistive technology (AT) devices and services to people of any age and ability to help them live, learn, work and play. People interested in attending may need AT for themselves, a friend, a family member, a student, an employee or a client. If you would like a registration form or more information on the Expo, please contact:

Jeannie Krull at 1-800-895-4728

jmkkrull@integra.net,

or the Internet: www.ndipat.org

AT EXPO SCHEDULE

- 7:45 am** Registration/Check-In
- 8:15am-12Noon** 4 Consecutive AT Session Blocks (Cost -\$20)
- 12Noon-1pm** Luncheon (included in the fee for those who register by April 3rd)
- 1-7pm** AT Expo Exhibit Hall FREE and Open to the Public No registration necessary! Come for the morning, the afternoon, or the whole day; any way you choose, you will learn a lot about assistive technology!

EXHIBIT HALL

Communication Devices; Specialized Telephones; Medication Dispensers; Health, Safety, and Daily Living Devices AT for Hearing and Vision Loss; AT for Learning Accessible Vehicles; Computer Access Software and Hardware; Environmental Controls; Recreation and Leisure Equipment; Home & Work Accessibility Equipment; Seating, Positioning and Mobility Equipment; Accessible Voting; Funding & Advocacy

Door prizes!!!

Laugh A Little More!

When you are dissatisfied and would like to go back to youth, think of Algebra.

One of the many things no one tells you about aging is that it is such a nice change from being young.

Ah, being young is beautiful, but being old is comfortable.

Old age is when former classmates are so gray and wrinkled and bald, they don't recognize you.

Medicare Part D: Where Are We Now?

Sponsored by North Star Regional Geriatric Education Center

Thursday, April 6, 2006
9:00 a.m. – 12:00 Noon
Courtyard by Marriott
1080 – 28th Avenue South
Moorhead, Minnesota

3 Contact Hours for Nurses and Social Workers

Fee: \$29

On January 1, 2006, Medicare's new prescription drug benefit, Medicare Part D, went into effect for everyone with Medicare Part A and/or Part B. This program launched the biggest change in health care for Seniors and Americans with disabilities since Medicare began 40 years ago. Many organizations and agencies have joined forces to provide essential information concerning enrollment, how the new Medicare law will affect their healthcare coverage and answer questions from people who have been confused about the options available. With several months of experience behind us, questions remain. This 3-hour session will provide an overview on the current status of the program, review the most common questions and concerns that have arisen, alert you to new information and provide information on the tools and resources that have been most useful in helping individuals through the enrollment process. A question and answer period will be facilitated for those who attend.

Objectives:

Upon completion of this seminar, you will be able to:

- Review the history and purpose of Medicare Part D
- Describe the role of the Centers for Medicare and Medicaid and the direction given to states
- Discuss the enrollment progress made in Minnesota and North Dakota
- Explain the appeals and exception process
- Summarize the extra help provisions of Medicare Part D

Fill out the Form Below and Mail to Get Registered

Registrations are accepted on a first-come, first-served basis. Payment is due at the time of registration. TO REGISTER: Submit form with \$29 fee by mail.

Medicare Part D: Where Are We Now? 4/6/06 \$29

Name: _____

Street Address: _____

City, State, Zip: _____

Social Security #: _____

Daytime Phone: _____ Evening Phone: _____

Enclose a Check or money order for \$29 (made payable to MSCTC-Custom Training)

MAIL TO: MSCTC-Custom Training

1900 28th Avenue South

Moorhead, MN 56560

QUESTIONS??? Call 218-299-6576 or 800-426-5603 ext. 6576 or

FAX #: 218-299-6554

EMAIL: denice.brewer@minnesota.edu

September 5,6,7, 2006

Fargo Holiday Inn

Interstate 29 and 13th Avenue South

The Conference opens with an evening Kick-off event at Bethany Homes on September 5th. The main conference begins at 8:00 a.m. on September 6th and concludes at 12:30 p.m. On September 7th, 2006

Northern Plains Conference on Aging and Disability

Common Threads “Weaving the Fabric of Aging and Disability”

The Northern Plains Conference on Aging and Disability is an annual event designed to bring together elders and professionals who share a common interest in the graying of the northern plains. Mark your calendars now!

The cost of the Conference is \$25 for retired persons age 60 and over if you are registered by August 21, 2006. The cost is \$30 after August 21 and \$35 if you register at the door. Fees for professionals and those under 60 begin at \$65. A noon luncheon on the 6th and a full buffet breakfast on the 7th are included in your registration fee.

If you would like more information on the Conference or would like to receive a conference brochure with registration information, please contact Sandy Arends at (701) 298-4420 or you can e-mail her at 85ares@state.nd.us Brochures will not be mailed until early July.

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U.S. Department of Health and Human Services
NATIONAL INSTITUTES OF HEALTH

NIH News

National Institute on Aging (NIA)

<http://www.nia.nih.gov/>

CONTACT: Susan Farrer/Linda Joy (ljoy@mail.nih.gov), National Institute on Aging, 301-496-1752; Mike Bergman (pio@census.gov), Census Bureau, 301-763-3030, 301-457-1037(TDD)

DRAMATIC CHANGES IN U.S. AGING HIGHLIGHTED IN NEW CENSUS, NIH REPORT

Impact of Baby Boomers Anticipated

The face of aging in the United States is changing dramatically -- and rapidly, according to a new U.S. Census Bureau report, commissioned by the National Institute on Aging (NIA). Today's older Americans are very different from their predecessors, living longer, having lower rates of disability, achieving higher levels of education and less often living in poverty. And the baby boomers, the first of whom celebrated their 60th birthdays in 2006, promise to redefine further what it means to grow older in America.

Continued on next page

The report, "65+ in the United States: 2005", was prepared for NIA, a component of the National Institutes of Health (NIH) at the U.S. Department of Health and Human Services, to provide a picture of the health and socioeconomic status of the aging population at a critical time in the maturing of the United States. It highlights striking shifts in aging on a population scale and also describes changes at the local and even family level, examining, for example, important changes in family structure as a result of divorce.

"The collection, analysis, and reporting of reliable data are critical to informing policy as the nation moves ahead to address the challenges and opportunities of an aging population," says NIA Director Richard J. Hodes, M.D. "This report tells us that we have made a lot of progress in improving the health and well-being of older Americans, but there is much left to do."

Among the trends:

-- The United States population aged 65 and over is expected to double in size within the next 25 years. By 2030, almost 1 out of every 5 Americans - some 72 million people -- will be 65 years or older. The age group 85 and older is now the fastest growing segment of the U.S. population.

-- The health of older Americans is improving. Still, many are disabled and suffer from chronic conditions. The proportion with a disability fell significantly from 26.2 percent in 1982 to 19.7 percent in 1999. But 14 million people age 65 and older reported some level of disability in Census 2000, mostly linked to a high prevalence of chronic conditions such as heart disease or arthritis.

-- The financial circumstances of older people have improved dramatically, although there are wide variations in income and wealth. The proportion of people aged 65 and older in poverty decreased from 35 percent in 1959 to 10 percent in 2003, mostly attributed to the support of Social Security. In 2000, the poorest fifth of senior households had a net worth of \$3,500 (\$44,346 including home equity) and the wealthiest had \$328,432 (\$449,800 including home equity).

-- Geographically, Florida (17.6 percent), Pennsylvania (15.6 percent) and West Virginia (15.3 percent) are the "oldest" states, with the highest percentages of people aged 65 and older. Charlotte County, Fla.(34.7 percent) gets top honors among counties, and McIntosh County, N.D.(34.2 percent) ranks second.

-- Higher levels of education, which are linked to better health, higher income, more wealth and a higher standard of living in retirement, will continue to increase among people 65 and older. The proportion of Americans with at least a bachelor's degree grew five-fold from 1950 to 2003, from 3.4 percent to 17.4 percent, and by 2030, more than one-fourth of the older population is expected to have an undergraduate degree. The percentage completing high school quadrupled between 1950 and 2003, from 17.0 percent to 71.5 percent.

-- As the United States as a whole grows more diverse, so does the population aged 65 and older. In 2003, older Americans were 83 percent non-Hispanic White, 8 percent Black, 6 percent Hispanic and 3 percent Asian. By 2030, an estimated 72 percent of older Americans will be non-Hispanic White, 11 percent Hispanic, 10 percent Black and 5 percent Asian.

Continued on next page

-- Changes in the American family have significant implications for future aging. Divorce, for example, is on the rise, and some researchers suggest that fewer children and more stepchildren may change the availability of family support in the future for people at older ages. In 1960, only 1.6 percent of older men and 1.5 percent of women aged 65 and older were divorced. But by 2003, 7 percent of older men and 8.6 percent of older women were divorced and had not remarried. The trend may be continuing. In 2003, among people in their early 60s, 12.2 percent of men and 15.9 percent of women were divorced.

"The social and economic implications of an aging population -- and of the baby boom in particular -- are likely to be profound for both individuals and society," says Census Bureau Director Louis Kincannon. "The "65+ in the United States report" helps us to understand these dramatic changes so we can examine how they may impact families and society."

The "65+" report is a project of the NIA's Behavioral and Social Research Program, which supports the collection and analyses of data in several national and international studies on health, retirement, and aging. The program's director, Richard M. Suzman, Ph.D., suggests that, with five years to go before the baby boom turns 65, "Many people have an image of aging that may be 20 years out of date. The very current portrait presented here shows how much has changed and where trends may be headed in the future."

"65+" lead author, Victoria A. Velkoff, Ph.D., chief of the Aging Studies Branch at the U.S. Census Bureau, noted the variations among today's older adults and those of the future. "People 65 and over are a very diverse group. How they experience aging depends on a variety of interacting factors -- from gender and race/ethnicity to health, education, socioeconomic and family circumstances. "65+ in the United States: 2005" depicts this heterogeneity, which will further expand as this population doubles in size over the next 25 years."

The report was prepared by Dr. Velkoff and co-authors Wan He, Ph.D., Manisha Sengupta, Ph.D., and Kimberly A. DeBarros of the Population Division, U.S. Census Bureau.

The 243-page compendium examines in detail five key areas: growth of the older population (changes in age and racial/ethnic composition), longevity and health (life expectancy and causes of death), economic characteristics (income and household wealth), geographic distribution (by population and race) and social and other characteristics (marital status, living arrangements and voting patterns).

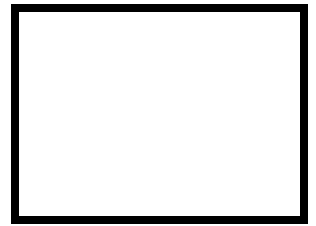
The report covers a wide range of topics and timelines, pulling together data from Census 2000 and previous censuses, nationally representative surveys and recent population projections. In addition to the data compiled by other federal agencies, including the National Center for Health Statistics and the U.S. Department of Housing and Urban Development, the report also includes statistics from the Current Population Survey; American Housing Survey; National Health Interview Survey; National Health and Nutrition Examination Survey; Survey of Income and Program Participation; and the Health and Retirement Study.

The public can view and also download the report at <http://www.census.gov>.

To view an appendix of selected highlights from "65+ in the United States: 2005", please see:

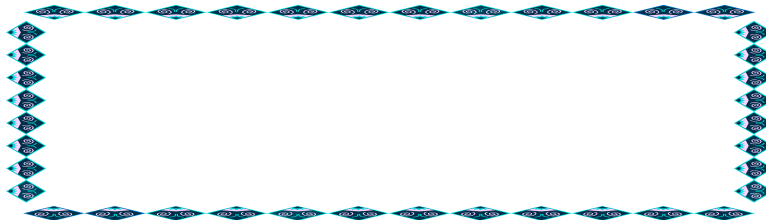
<http://www.nia.nih.gov/NewsAndEvents/PressReleases/PR2006030965PlusReport.htm>.

Department of Human Services
Southeast Human Service Center
Sandy Arends, Region V Aging Services
2624 9th Avenue Southwest
Fargo, North Dakota 58103-2350



New Officers/Change of Address:

If your Senior Organization has a new president (chairperson) or there has been a change of address, please complete and return the form below. Please remove and tape the old mailing label in box below.



Name of President, Chairperson, Individual or Agency Receive This Newsletter:

Name: _____

Street/Avenue/PO: _____

Mailing Address (Must include street address or post office box):

City and State: _____

Nine Digit Zip: _____

Telephone: _____

Return to address at the top of this page.